

Versatile Tomato Sauce

This sauce is delicious over whole wheat pasta, whole wheat couscous, or with brown rice and beans. It can be frozen in a container for up to two months.

3 tablespoons olive oil
4 cloves garlic, minced
2 onions, chopped medium
2 small carrots, finely chopped
2 yellow squash, halved lengthwise, cut into 1/2-inch pieces
2 zucchini, halved lengthwise, cut into 1/2-inch pieces
Salt and freshly ground black pepper to taste
1 1/2 tablespoons dried rosemary, chopped
1 tablespoon dried thyme
4 28 ounce cans peeled plum tomatoes

Place oil in a large stockpot set over Medium heat. Add garlic and onion; saute until soft, about 6 minutes. Add carrots, squash, zucchini, and salt and pepper to taste, rosemary and thyme, Stirring occasionally, cook until vegetables are soft, about 15 minutes. Transfer half the mixture to a bowl; set aside. Gently crush the tomatoes with your hands, and add them (with juice) to the pot. Simmer over Medium-Low heat until sauce begins to thicken, about 1 1/2 hours. Add reserved squash mixture, and heat. Season with salt and pepper. Serve.

Servings: 24

Yield: 3 quarts--1/2 cup per serving

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

Salt and freshly ground black pepper to taste

Amount Per Serving	
Calories	269.53
Calories From Fat (11%)	30.80
	% Daily Value
Total Fat 3.58g	6%
Saturated Fat 0.51g	3%
Cholesterol 0.00mg	0%
Sodium 2050.95mg	85%
Potassium 2035.94mg	58%
Carbohydrates 60.41g	20%
Dietary Fiber 10.12g	40%
Sugar 41.89g	
Sugar Alcohols 0.00g	
Net Carbohydrates 50.29g	
Protein 9.03g	18%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
3 tablespoons olive oil	3 x 1 tablespoon of Oil, olive, salad or cooking
4 cloves garlic, minced	4 x 1 clove of Garlic, raw
2 onions, chopped medium	2 x 1 large of Onions, raw
2 small carrots, finely chopped	2 x 1 medium of Carrots, baby, raw
2 yellow squash, halved lengthwise, cut into 1/2-inch pieces	2 x 1 cup, sliced of Squash, summer, crookneck and straightneck, raw
2 zucchini, halved lengthwise, cut into 1/2-inch pieces	2 x 1 large of Squash, summer, zucchini, includes skin, raw
Salt and freshly ground black pepper to taste	Not linked
1 1/2 tablespoons dried rosemary, chopped	1.50 x 1 tablespoon of Spices, rosemary, dried
1 tablespoon dried thyme	1 x 1 tablespoon of Spices, thyme, ground
4 28 ounce cans peeled plum tomatoes	784 x 1 oz of Tomatoes, red, ripe, canned, stewed

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